



# Moving Towards the Heart of Abundance

Presenter: Dr. Donna Hamilton, PhD, MFT

## *Are you running towards success, or running away?*

All relationships, including our relationship to success and money are reflections of our inner relationship. While rigid thinking and decisive action can help us create success in some areas of life, true happiness often remains illusive. As we center in the coherency of our heart, we move towards our goals instead of away from our fears.

This five-hour seminar provides simple, yet effective tools to recognize and move beyond the restrictive mental, emotional, and physical patterns that limit joy and impede our ability to be both successful and happy and fulfilled.

*This class can be taken as a stand-alone course, or as part of our professional training program.*

### Healing Modalities

Body Energy Analysis, Trauma Resolution Therapy, Neuro-Linguistic Psychology (NLP), Hypnotherapy, EFT, and Integrative Body Workout

### Class Outcomes

- Understanding your Character Strengths and Challenges
- Improve Communication and Relationships
- Utilizing practical tools and resources designed to transform challenges into strengths

### Tuition

- \$50 for each 5 hour class, includes printed material and downloads
- Material fee: \$100, includes NVI MP3 Player and audios, see next page for list of audios offered for this class
- *Payment Plans and discounts on full class available*

### Location

Mack Auditorium @ Renown Medical Center  
1155 Mill St., Reno, NV, 89502



New Vistas International is a State certified school licensed by the Nevada Commission on Postsecondary Education

#### Sundays

Noon to 5:00

March 2<sup>nd</sup>

April 6<sup>th</sup>

May 4<sup>th</sup>

Jun 1<sup>st</sup>

Jun 29<sup>th</sup>

Graduates of New Vistas *Mastering The Therapeutic Process*™ will qualify for the Character Analysis Specialization Certification upon graduation from this class. For new students, the class hours and fees will count towards the Level One *Mastering The Therapeutic Process*™ class that starts in July, 2014.

Visit us online for more information and to register: <http://P-A-U-S-E.com/Training>

Email any questions to: [Registrar@P-a-u-s-e.com](mailto:Registrar@P-a-u-s-e.com)

# Moving Towards the Heart of Abundance

## Meet your Instructor: Dr. Donna Hamilton, PhD, MFT, HE, MNLPT

Donna is a Health Educator and Marriage and Family Therapist specializing in Body Centered Psychotherapy and Trauma Resolution. She received her PhD in Clinical Hypnotherapy from American Pacific University in 2012. She is a board certified Instructor of Neuro Linguistic Psychology, a licensed Clinical Hypnotherapist, and Hypnotherapy Examiner.



## Class Materials you will receive:

- Printed and downloadable Power Point handouts for each class
- Printed Manual for full-class students
- MP3's that are specifically created to resource a particular type

## Audio Recording Playlist

### NVI Album: Character Analysis

- NVI-CA-2-BTB\_Before the Beginning [21min]
- NVI-CA-4-UR\_The Ultimate Resource [23min]
- NVI-CA-6-AFG\_The Art of Feeling Good [19min]
- NVI-CA-7-TI\_Transforming Identity [19min]
- NVI-CA-8-EOE\_The Edge of Excellence [16min]
- NVI-CA-9-RR\_Releasing Resistance [12min]
- **NVI-CA-10-MTM-Moving Towards Money**
- **NVI-CA-11-POL- In The Presence of Love**

### NVI Album: Sleep Series

- NVI-SS00\_Blessed Sleep [60min]
- NVI-SS02\_Muladhara\_The-Root-Chakra-Track2 [60min]
- NVI-SS04\_Svadhithana\_The 2nd Chakra-Track2 [60min]
- NVI-SS05\_Manipura – The 3rd Chakra[60min]
- **NVI-SS06\_Anahata – The 4<sup>th</sup> Chakra [60min]**

### Album: Introduction to PAUSE

- NVI-BAW-T1\_Into to the Body-Awareness-Workout [6min]
- NVI-BAW-T2\_Body-Awareness-Workout [31min]
- NVI-CB-T1-Intro to Chakra-Balancing [4min]
- NVI-CB-T2-Chakra-Balancing [32min]

*Plus more for each upcoming class!*

## Note

All students planning to attend this class are asked to listen to The Body Awareness Workout recording (Track 2) on a daily basis. This complimentary recording can be downloaded from the PAUSE website, and is included in the NVI MP3 Player.

<http://P-A-U-S-E.com/free>